



Voice-Body Movement Activity for the Remo Drum Table

Activity 2: Clam Shell

Goals and Objectives: Clam Shell

This activity is intended to reduce stress through a synchronized vocal siren and core-distal movement performed beneath the drum table for sound bath effect. It is not a music therapy protocol.

Clam Shell

Vocal siren enhanced by drum head vibrational “bath” incorporating core-distal movement, synchronized to a steady beat

Skills

Abdominal breathing, oral articulation, vocal sirens (phonation of full vocal range), whole body listening, core-distal movement synchronization

Set-Up

Participants sit beneath drum. Facilitator uses 1-2 mallets

Process

1. Participants sit “criss-cross” beneath drum hugging legs against chest, head relaxed downward
2. Facilitator establishes a steady beat/slow tempo while cueing start of breath/vocals
3. Participants inhale through the nose/expand the belly
4. Participants vocalize a low pitched “OH” that gradually rises in pitch as the as the head comes up, knees open & the tone graduates to a higher pitched “AH” (body is open/erect)
5. Reverse process in step 4
6. Repeat steps 3-4, 2-3 times.

Note: Voice/movement must synchronize with drum beat for full benefit

Supporting Research for This Activity:

[Research: Nasal Respiration Entrain Human Limbic Oscillations & Modulate Cognitive Function](#)

[Research: Stress Management Techniques: A Summary of evidence based procedures](#)

[Research: Diaphragmatic Breathing reduces exercise oxidative stress in athletes](#)

[Research: Breathing, voice, and movement therapy: applications to breathing disorders](#)

[Research: Locomotion-Encoded Patterns: An Evolutionary Legacy](#)